

## **The Yellow Brick Road and Other Nutrition Activities**

at Garretson, South Dakota, November 2004

Activities in last few months include an article written for the school newsletter entitled: "Fuel for the Classroom" and every Tuesday includes a "nutrition/physical activity" morning announcement. A recent elementary open house included a display booth with Power Panther image and a healthy snack option. A Power Snack note was sent home with kids to help them bring healthy snack choices to school and the Power Panther currently greets students on their way to class from a bulletin display board. The display board also shows students the importance of nutrition and physical activity in staying healthy.

Students and teachers joined together for an energetic **school-wide** walk around town on homecoming day. And **excitement** surrounds **the yellow brick road** that is under construction on and around the school playground. The yellow brick road was designed as a fun activity for the school mileage program and it helps to keep children moving during recess and after school. Children keep track of their miles on a mileage card and then redeem the card for rewards.

The school was decorated for National School Lunch Week and activities included a coloring contest, Veggie-Tales fruit snacks with a message, and graham cracker books were provided for dessert by the family and consumer science class.